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Unduh Template Abstrak :



9 SUBTEMA

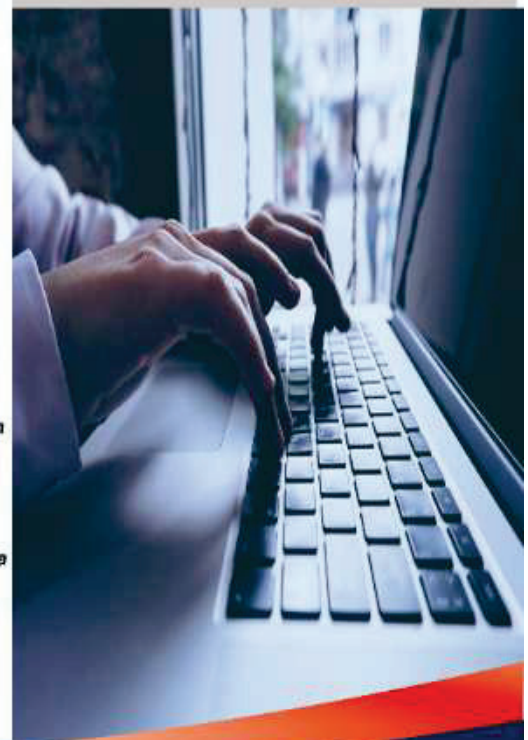
- Naskah terpilih akan dipublikasikan dalam 3 bentuk luaran:**

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Ergonomics and Remote Learning: An assessment of risk factors in International Islamic University Malaysia

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Abstract

Neck, back, and wrist pain have been commonly detected in people who work on the computer for long hours. These problems may lead to discomfort or injury and even extend to musculoskeletal disorders. The COVID-19 pandemic has further intensified remote working and online learning, exposing people to a much higher risk of ergonomics problems. University students in Malaysia, too, have switched to online learning during this period. However, the effects of this switch on their physical ergonomics are yet to be examined. An ergonomics risk assessment was carried out using the Ergonomics Risk Assessment (ERA) at Workplace Guidelines by Department of Occupational Safety and Health (DOSH), Malaysia, with the objectives of (i) identifying ergonomics risk factors that may cause harm to students during remote learning, (ii) determining the likelihood of harm arising from exposure to these risk factors, and (iii) recommending the appropriate control measures. Direct observations and video recordings of a female postgraduate student in International Islamic University Malaysia are used to obtain a detailed record of participant's activity while studying remotely. Results indicate that awkward postures, high repetitive motion, and static or sustained postures are all present in this activity, with awkward postures contributing the highest risk. Accordingly, it is recommended that an advanced ergonomics risk assessment for these three risk factors be conducted, together with immediate training in ergonomics and postural hygiene. This advanced assessment will allow a more comprehensive evaluation of discomfort and pain

experienced by the participant so that health problems can be minimized and injuries would be avoided.

Keywords: Ergonomics risk assessment, Musculoskeletal disorders, Online/remote learning, Physical factors, Posture,

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ERGONOMICS AND REMOTE LEARNING: AN ASSESSMENT IN INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA

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Introduction



Introduction

- The International Ergonomics Association has defined “ergonomics or human factors as a scientific concern with the understanding of integration among human and other elements of a system, and the profession that applies theory, principles, data, methods to design to optimize human well-being and overall system performance” (IEA, 2016).
- The aspects of ergonomic factors are cognitive , physical, and organizational factors.

- The spread of Coronavirus diseases occurs rapidly and has had a direct and indirect impact on universities worldwide. The effect is the replacement of traditional face-to-face to become online learning to ensure educational continuity (Chung, Subramaniam, Dass, 2020)
- These issues can cause pain or damage, and they can potentially develop into musculoskeletal diseases . 
- Musculoskeletal disorders (MSDs) have the potential to affect the human musculoskeletal system, such as muscles, ligaments, tendons, nerves, spinal disc, and bursa sacs (DOSH, 2017)



The Objective



The study aims to identify the most ergonomics risk factors that cause harm to students during remote learning, determine the likelihood of injury arising from exposure to this ergonomics, and recommend the appropriate control measures towards their risk reduction.

Method



2

Methods

Data Collection

- Observation and Video Analysis.
- Demographics Form.
- Musculoskeletal Self-Assessments/Discomfort Survey
- The Ergonomics and Musculoskeletal Pain/Discomfort Complaint Survey.
- Ergonomics Risk Factors.



SAMPLE

- Students involved in remote learning at International Islamic University Malaysia.

The background features several overlapping diamond shapes. A large light blue diamond is in the top left. A medium dark blue diamond is in the center left, containing the number '3'. Two smaller light blue diamonds are at the bottom left and bottom center. The rest of the background is a solid dark blue.

3

Results

A small white speaker icon with sound waves is positioned over the underlined portion of the word 'Results'.

Results of Ergonomics Risks on IIUM Students'



1

The self-Assessment Musculoskeletal Pain/Discomfort Survey

The Ergonomics and Musculoskeletal Pain/Discomfort Complaint



2



3

Ergonomics Risk Assessment

1. Awkward Postures
2. Static and Sustained Postures
3. Forceful and Sustained Exertions
4. Repetitive Motions
5. Vibrations
6. Environmental Risk Factors

4



Conclusions

- In conclusion, the assessment confirmed the finding that remote learning affected students' physical health viewed from Ergonomics Risk Factors and Occupational Health Psychology.
- Those health issues were not congenital sickness, still, it is more likely due to the less active study routine since the Institution implemented remote learning during the COVID-29 pandemic outbreak in Malaysia.
- It can be highlighted that online learning is a breakthrough for the world of education and harms students' health if it is done over a long period.
- Therefore, the advanced assessment will be a possible solution to measure the discomfort pain of the participant so that the participant can minimize it and severe health problems will not occur.
- In addition, the researcher can examine ergonomic risk factors more deeply in students or other participants who are susceptible to the musculoskeletal disease on their bodies and can also identify interventions to reduce or avoid this disease .

thank
you

